



## Playground Program

Join us for fun in your neighborhood park. Supervised and structured outdoor activities focus on fun, physical fitness and socialization. Themed activities keep kids physically active and creative. Please note, this is a drop-in program and kids can come and go as they please. Parents/Guardians are encouraged to set boundaries and communicate limits with their children before they attend the program. There will be no staff available to supervise participants before or after program hours. Participants must be 5 years of age by the first day of the program. Min. 20 Max. 60

Hansen Park Neighborhood Center  
Monday-Thursday ..... June 12-Aug. 17  
No class July 3-6  
\$50  
#17SPP11 ..... Ages 5-12  
9:00 am-12:00 pm

Sunny Square Park Neighborhood Center  
Monday & Wednesday ..... June 12-Aug. 16  
No Class July 3-5  
\$25  
#17SPP12 ..... Ages 5-12  
1:00 pm-4:00 pm

Totem Pole Park Neighborhood Center  
Tuesday & Thursday ..... June 13-Aug. 17  
No Class July 4-6  
\$25  
#17SPP13 ..... Ages 5-12  
1:00 pm-4:00 pm

## Little Tigers Martial Arts

### Ages 3-6

This exciting class is where children learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect, great personal tools to carry into the future. The class is taught by martial arts instructor, Josh Jordan. Josh has seven years of experience teaching children and is a certified 2nd Degree black belt instructor. The intermediate level is for children who have previously taken the beginning class and have the instructor's approval to move up. Class meets for 6 weeks. Min. 4 Max. 12

Beginners  
Community Center Room 216  
Monday ..... April 17-May 22  
5:15 pm-6:00 pm ..... Ages 3-6  
#17PLT11 ..... \$54

Community Center Room 216  
Monday ..... April 17-May 22  
6:00 pm-6:45 pm ..... Ages 3-6  
#17PLT12 ..... \$54

Community Center Room 216  
Monday ..... June 12-July 24  
(No class July 3)  
5:15 pm-6:00 pm ..... Ages 3-6  
#17SLT11 ..... \$54

Community Center Room 216  
Monday ..... June 12-July 24  
(No class July 3)  
6:00 pm-6:45 pm ..... Ages 3-6  
#17SLT12 ..... \$54

### Intermediate (Instructor approval required)

Community Center Room 216  
Thursday ..... April 20-May 25  
5:15 pm-6:00 pm ..... Ages 3-6  
#17PLT13 ..... \$54

Community Center Room 216  
Thursday ..... June 15-July 27  
(No class July 6)  
5:15 pm-6:00 pm ..... Ages 3-6  
#17SLT13 ..... \$54

## “Kickers” Karate

### Ages 7 through Adult

American Tae-Kwon-Do Karate for boys and girls ages 7 and up. This program is designed to teach children self-defense, safety awareness and teamwork, while increasing flexibility. Students will be introduced to and focus on developing the basic fundamentals of kicking, punching, blocking and defense techniques. The teen and adult class is an excellent opportunity to work out as a family. Karate instructors, Rhonda and Darren Bitzer, have been involved in Martial Arts in New Brighton for 21 years. Rhonda currently holds the rank of Black Belt. Participants should wear loose comfortable clothing. Spring session is 9 weeks and summer session is 10 weeks. Min. 8 Max. 18

Community Center Fitness Studio  
Monday ..... March 27-May 22  
\$76

6:15 pm-7:15 pm ..... Ages 7-11  
#17PKK11 ..... Beginner

7:15 pm-8:15 pm ..... Ages 7-11  
#17PKK12 ..... Colored Belts

7:15 pm-8:15 pm ..... Ages 12-Adult  
#17PKK13 ..... Teen/Adult Beg. & Colored Belt

Community Center Fitness Studio  
Monday ..... June 5-August 21  
(No class July 3, August 14)  
\$84

6:15 pm-7:15 pm ..... Ages 7-11  
#17SKK11 ..... Beginner

7:15 pm-8:15 pm ..... Ages 7-11  
#17SKK12 ..... Colored Belts

7:15 pm-8:15 pm ..... Ages 12-Adult  
#17SKK13 ..... Teen/Adult Beg. & Colored Belt